

# Vermont Department of Education Linking Health & Learning Bulletin

December 2007

Issue 1

## New and General Announcements

### **Stretch Your Limits: The Governor's Fit & Healthy Kids Winter Challenge**

The Vermont Governor's Council on Physical Fitness & Sports is pleased to announce a Fit and Healthy Kids Winter Challenge, called Stretch Your Limits, designed to encourage kids, teens and families to Move More, Eat More Colors and Turn It Off! during our long Vermont winter. Participants are asked to stretch their limits by trying a new sport or physical activity, doing their favorite activity more often and for longer time, eating more fruits and vegetables and spending less time in front of the computer or TV. Those who send in a completed "Stretch Your Limits" tracking sheet will win an award and a chance to meet the Governor. Please visit the Governor's Council Website to download the "Stretch Your Limits Challenge" form and share it with students, families, teachers, etc. (ask students to do it over the winter break) at <http://www.vermontfitness.org/StretchYourLimits.pdf>. Please contact Suzanne Kelley for more information at [skelley@vdh.state.vt.us](mailto:skelley@vdh.state.vt.us) or (802) 657-4202.

### **"Let's Go Fishing" Program for Physical Educators**

The Vermont Fish & Wildlife Department offers a free program suitable for all grade levels called "Let's Go Fishing" in which students learn about basic fishing skills as well as the state's aquatic resources. "Let's Go Fishing" administrators will visit with teachers interested in bringing the curriculum and program to their school. Fish & Wildlife also loans free equipment and supplies. Physical educators have had success working with science teachers while utilizing the "Let's Go Fishing" program. Interested teachers should contact Trish Pelkey at (802) 747-7900 or by e-mail at [trish@gwriters.com](mailto:trish@gwriters.com). For more information about the program visit: [http://www.vtfishandwildlife.com/edu\\_lets\\_go\\_fishing.cfm](http://www.vtfishandwildlife.com/edu_lets_go_fishing.cfm).

### **CDC's School Health Education Resources (SHER)**

The CDC has developed a wide variety of science-based and other instructional materials that can help schools enhance existing health education curriculum and instruction. CDC's *School Health Education Resources* (SHER) is a unique, user-friendly web tool that consolidates these resources in one convenient location. SHER helps Pre-K-12 classroom teachers, school nurses, counselors, curriculum directors and school administrators easily locate health education resources. SHER features instructional materials aligned with the National Health Education Standards, Second Edition, 2007, and CDC's Characteristics of Effective Health Education Curriculum. Visit CDC's SHER online at <http://www.cdc.gov/healthyyouth/SHER>.

### **Help Children Prepare for Snow Sports: Free Learning Tool Kit Now Available!**

A new "Winter Feels Good" learning tool kit is now available free to anyone who is helping introduce elementary-age children to snow sports. The kit is offered as a CD-ROM and is also on-line at [www.winterfeelsgood.com](http://www.winterfeelsgood.com). The learning tool kit includes: Interactive learning tools, featuring the animated Snow Monsters characters, that show how to dress and physically prepare for snow sports; follow-along lesson plans for alpine skiing, snowboarding, snowshoeing and cross country skiing; lesson plans that meet standards set by the National Association for Sports and Physical Education (NASPE) and the Professional Ski Instructors of America/American Association for Snowboard Instructors; as well as informative flyers, posters and videos.

## Grant and Funding Opportunities

### Polar Grant Writing Service

Polar Electro Inc. will accept applications in early 2008 to help your school seek and secure grant funding for Polar technology. Polar will sponsor selected schools for this FREE grant writing service. Bookmark the following Web page and stay tuned for the upcoming application:

<http://www.polarusa.com/education/fundinggrants/grantapplication.asp>.

### Vermont Safe Routes to School Program Accepting New Schools

The Vermont Safe Routes to School (SRTS) program will be accepting applications in early 2008 for funding education, encouragement, enforcement and evaluation activities aimed at increasing student walking and bicycling. Schools are strongly encouraged to partner with non-profit organizations with a common mission, such as health/fitness, alternative transportation, or environmental concerns, or with one of the state's Regional Planning Commissions. The 2008 SRTS application and guidance will be available in January 2008. An informational workshop is scheduled for January 8, 2008, 7:00 p.m. - 8:30 p.m. and repeated on January 9, 2008, 10:00 a.m. - 11:30 a.m. at all 15 Interactive Television sites. For more information contact Jon Kaplan at (802) 828-0059 or by e-mail at [jon.kaplan@state.vt.us](mailto:jon.kaplan@state.vt.us). The Vermont SRTS website is <http://tinyurl.com/334pjg>.

### General Mills 2008 "Champions for Healthy Kids" Grant Program

The General Mills Foundation, in partnership with the American Dietetic Association Foundation and the President's Council on Physical Fitness, developed the "Champions for Healthy Kids" grant program in 2002. Each year, the General Mills Foundation awards 50 grants of \$10,000 each to community-based groups that develop creative ways to help youth adopt a balanced diet and physically active lifestyle. **Applications are due January 15, 2008.** For more information visit: <http://www.generalmills.com/corporate/commitment/champions.aspx>.

### Vermont Action for Healthy Kids Grant Opportunity

Vermont Action for Healthy Kids wants to encourage after school programs to give students opportunities to acquire skills in a physical activity they can enjoy throughout their lives. To support this initiative Action for Healthy Kids are offering \$200 grants to five schools to offer students four dance classes (in a single dance genre) in after school programs. **Grant applications are due by January 21, 2008** and funds will be available in early February, 2008. For more information or to download an application to go the following website: <http://www.actionforhealthykids.org/StateSpecificInfo.php?state=VT>.

### Grants on Fishing for Physical Education Teachers

The Recreational Boating & Fishing Foundation (RBFF), through the Future Fisherman Foundation's "Physh Ed" National Fishing and Boating Grants Initiative, provides grants to kindergarten through grade 12 teachers to implement fishing and boating units in their physical education (PE) classes. For the 2008/2009 school year, the Future Fisherman Foundation is offering individual grants of \$2,500 to qualified PE teachers. Grant monies can be used for fishing and boating equipment, field trips, curriculum materials and other resources to assist instructors in carrying out fishing, boating and conservation education. Grant recipients also receive an intense week of training in fishing and boating techniques. **Applications must be received electronically via e-mail on or before January 21, 2008, at 5:00 p.m.** To obtain grant application forms or for more information contact Anne Danielski at (703) 519-9691, x254 or by e-mail at [adanielski@asafishing.org](mailto:adanielski@asafishing.org) or <http://futurefisherman.org/programs/pegrants.php>.

### **Let's Just Play Giveaway**

Let's Just Play Giveaway Sweepstakes is a unique grant-giving program that empowers kids to partner with adults for a chance to win \$5,000 awards to support fitness, recreation and nutrition programs at their schools and community-based organization. Kids between the ages of six and 15 nominate their school or community-based organization by explaining why they need more resources. Nickelodeon has committed an additional \$300,000 in awards to the Let's Just Play Giveaway for October through December 2007. For more information visit [www.nick.com/letsjustplay](http://www.nick.com/letsjustplay).

### **Become a Nationally Recognized PE Program!**

The Vermont Department of Education has funding for a limited number of schools to apply for the NASPE STARS recognition program. The STARS project identifies and recognizes quality physical education programs that provide meaningful learning opportunities for ALL students. STARS schools exemplify excellence in teaching knowledge and skills of motor development and health-related fitness. For more information about this program visit the STARS Web site at <http://www.aahperd.org/naspe/stars/index.html>. Contact Lindsay Simpson, Physical Education Consultant at [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us) if your school would like to access the application funding.

**Grants Opportunities Available through the National Association for Sports and Physical Education (NASPE)** – <http://www.aahperd.org/naspe/>.

## **Professional Development and Wellness Opportunities**

**For a Calendar of Vermont Department of Education-Sponsored Events go to** <http://www.state.vt.us/educ/new/html/dept/calendar.html>.

### **Safer Choices: Preventing HIV, Other STD and Pregnancy**

**January 8 & 9, 2008**, Capitol Plaza, Montpelier, 8:30 a.m. – 4:00 p.m. both days

This two-day interactive training will prepare participants to effectively implement the *Safer Choices* curriculum in the classroom. This is an evidence-based high school curriculum that addresses attitudes and beliefs, social skills, functional knowledge, social and media influences and peer norms. The primary goal of *Safer Choices* is to prevent HIV infection, other STDs and unintended pregnancy among adolescents. Registration is free for this two-day workshop and includes the curriculum (optional overnight stay is at participant's own expense).

**Please register online no later than December 28, 2007 at**

[http://www.surveymonkey.com/s.aspx?sm=awoRoPrsA4M1R\\_2bQYP8lxhQ\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=awoRoPrsA4M1R_2bQYP8lxhQ_3d_3d). For more information contact Lucille Chicoine at (802) 828-5922 or by e-mail at [lucille.chicoine@state.vt.us](mailto:lucille.chicoine@state.vt.us).

### **LifeSkills Training Workshops**

**January 14 - 15, 2008**, Capitol Plaza, Montpelier, 9:00 a.m. – 4:00 p.m. both days

Botvin's LifeSkills Training Workshops prepare teachers, school counselors, prevention specialists, community youth educators and other program providers to effectively implement the prevention education activities and teaching strategies found in the Botvin's LifeSkills Training program with confidence and fidelity. Each Training Workshop plays an important role in enhancing the confidence and skill capacity of participants, resulting in optimal implementation of Botvin's LifeSkills. To register for this free training, contact Allison Miller at (802) 828-3113 or by e-mail at [allison.miller@state.vt.us](mailto:allison.miller@state.vt.us).

### **Michigan Model for Comprehensive School Health Education Training Workshop**

**January 16, 2008**, Black Bear Tavern, St. Johnsbury, 9:00 a.m. – 4:00 p.m.

The Michigan Model for Comprehensive School Health Education® curriculum facilitates interdisciplinary learning through lessons that integrate health education into other curricula including language arts, social studies, science, math and art. Teacher training in the implementation of this model ensures that students and their schools as a whole get the maximum benefits from this carefully structured program. To register for this free training, contact Allison Miller at (802) 828-3113 or by e-mail at [allison.miller@state.vt.us](mailto:allison.miller@state.vt.us).

### **LifeSkills Training Refresher and Introduction to the High School and Parent Modules**

**January 17, 2008**, Capitol Plaza, Montpelier, 9:00 a.m. – 4:00 p.m.

- **Tips for Teachers Training, 9:00 a.m. - 12:30 p.m.**  
Join us to gather some additional tips provided by life skills teacher across Vermont. Learn how to engage your students and add skills to your tool box of LST activities.
- **Introduction to the High School and Parent Modules, 1:30 p.m. – 4:00 p.m.**  
The Botvin's *LifeSkills Training High School* program is a highly interactive, skills-based program designed to promote positive health and personal development for high school youth. The program helps students achieve competency in the skills that have been found to reduce and prevent substance use and violence.  
The Botvin's *LifeSkills Training Parent Program* is designed to help parents strengthen communication with their children and prevent them from using drugs. This powerful prevention tool is ideal for parenting workshops or individual use at home. The comprehensive guide and video included in this program contain materials and exercises that help parents keep their kids away from threats of tobacco, drugs, and violence.

To register for this free training, contact Allison Miller at (802) 828-3113 or by e-mail at [allison.miller@state.vt.us](mailto:allison.miller@state.vt.us).

### **Polar E-600 Heart Rate Monitor Training for Physical Educators**

**February 1, 2008**, Vergennes Union High School

Sponsored by the Vermont Department of Education, this **free** one-day workshop is open to physical educators who are implementing Polar heart rate monitor technology in their programs. To review a sample training agenda visit:

[http://www.polarusa.com/education/training/Onsite\\_1.asp](http://www.polarusa.com/education/training/Onsite_1.asp) Spaces are very limited. Contact Lindsay Simpson as soon as possible at (802) 828-1461 or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us) to reserve your spot at this training.

### **Principles and Methods for Effective Health Education**

**Coming in the spring of 2008**

This course will provide educators with the knowledge and skills to deliver effective standards-based health education curriculum, instruction and assessment. An examination of health education principles, theories and practice will form the foundation of the course. Coursework will focus on the field of health education in terms of historical developments, theoretical foundations, National and Vermont health education standards and research-based methods needed to implement effective skills-based health education. This will be a three-credit course. For more information, contact Lynda Van Kleeck at (802) 655-0525 or [Lynda.vankleeck@uvm.edu](mailto:Lynda.vankleeck@uvm.edu).

### **Center for Health and Learning (CHL)**

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at <http://www.healthandlearning.org> or call (802) 254-6590.

## **Alcohol, Tobacco and Other Drug Education Online Course**

*(Fulfills VT Act 51 Requirements)*

**January 8 - February 14, 2008**

This interactive online course covers pharmacology, the continuum of chemical use, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. Together the instructors have 60 years' experience in prevention work and training. Please note that the coursework will require at least the equivalent of a two-day training or 15 hours of your time. Cost: \$175 non-credit (15 CEU hours); \$450 one academic credit through UVM

For more information on course content and requirements, visit:

[www.healthandlearning.org/moodle](http://www.healthandlearning.org/moodle).

## **Alcohol, Tobacco and Other Drugs Education** *(fulfills VT Act 51 Requirements)*

*Offered under a grant from the Vermont Department of Education*

Cost: \$150 (includes breakfast, lunch and materials)

This two-day interactive training covers pharmacology, the continuum of chemical use, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. Graduate credit is available for an additional cost of \$290.

- Montpelier: January 16-17, 2008
- Colchester: March 26-27, 2008

Register online at [www.healthandlearning.org](http://www.healthandlearning.org) or call the CHL at (802) 254-6590.

## **Save the Date**

### **Jr. Iron Chef Competition**

**April 12, 2008**

Who: Teams of Middle and High School students (grades 6 through 12 welcome)

What: Just like the Iron Chef show on TV, participants are judged on original recipes using local foods. In addition to the competition there will be food vendors, live music, farmers' market and celebrity guests.

Where: Champlain Valley Exposition, Essex Junction

Why: To benefit VTFEED and the Burlington School Food Project and raise awareness about farm-to-school programs.

Vermont Food Education Every Day (VTFEED) is a Farm-to-School program with a community-based approach in a rural state through a collaboration of three Vermont non-profits: Food Works, Northeast Organic Farming Association of Vermont and Shelburne Farms. VT FEED works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers and good nutrition. They act as a catalyst for rebuilding healthy food systems, and to cultivate links between the classrooms, cafeterias, local farms and communities. For more information contact Emily Hillard, Burlington School Food Project Farm-to-School Coordinator, at [ehilliar@bsdvt.org](mailto:ehilliar@bsdvt.org).

Reminder: To unsubscribe, or subscribe, to the Linking Health & Learning Bulletin, contact Karen Abbott at [karen.abbott@state.vt.us](mailto:karen.abbott@state.vt.us).

